

November 30, 2018

# Guidance Notes

Important information for students & parents

## 8 Tips for Keeping Your Children Stress Free This Christmas Season

[www.drgrgreen.com/perspectives/8-tips-for-keeping-your-children-stress-free-this-christmas-season/](http://www.drgrgreen.com/perspectives/8-tips-for-keeping-your-children-stress-free-this-christmas-season/)  
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Adults may think they are the only ones who are stressed at holidays, but our little ones have a strange way of picking up on our moods, including stress. How can children relax when parents aren't? When we are rushing all over the place and stressed ourselves, we can't expect our children to be enjoying themselves. So, how do you help your family have a more relaxing Christmas holiday?

### Tips for a Stress Free Holiday

- **Keep it simple:** We have a tendency to want to fit every Christmas activity and party into the holiday as possible. Sit down with your family and decide what you are going to do or participate in before the season gets started. Keep it simple. Your family really doesn't have to participate in every party and activity that you're invited to. That also means that parents don't need to leave their children with the sitter to go to endless parties. Instead, spend the time at home as a family baking, playing games.... You get the point.
- **Remember routines:** This is really important for parents with smaller children. When their routines are continuously broken, they can get stressed out. Both the child and parent! Try your best to keep that routine going as much as possible. Even my school age kids get stressed when our routine is broken day after day.
- **Meal Time:** This is an important one! Family meal time is important for reconnecting with each other but during Christmas season it's even more so. It's a time to unwind at the end of the day and reconnect with each other. I know it's impossible for my family to get all of us together for every evening meal. However, we try as many nights of the week as possible. It really makes a difference.
- **Nutrition:** Family meal time doesn't include sitting down at your family's favorite fast food restaurant as your own your way to rush to the mall to do more Christmas shopping. It means serving your family home cooked nutritious meals. Not that eating out occasionally is wrong, just keep it in check. There are great websites that can help you with menu planning during this busy time (or any time) and can help you get your family to the table.
- **Limit video games and TV:** I know, I know. It can be so easy to use TV or video games as a baby sitter when we are so busy. However, when kids are feeling stressed they need more physical activities (hey, that goes for the parents as well) and exercise.
- **Hang on to those family traditions:** Every family has some sort of holiday traditions. These traditions can make children feel comforted and secure. They know what to expect. One word of warning though. If your Christmas tradition is actually adding more stress to your family's life then maybe you need to consider letting it go.
- **Share:** Help children to learn the real meaning of Christmas and that it's not all about getting, but giving. Our children can become stressed just seeing all the commercials and ads telling them they MUST have a certain item to be "ok". Find ways with your children that your family can give back.
- **Laugh & Relax:** I can't stress this one enough. Find time this Christmas season to relax with your family. Enjoy family game night, watching Christmas classic shows and just being together.

Christmas season doesn't need to be a time of stress for you or your children. Keep the true meaning of Christmas in your family's life and enjoy this special time of the year to the fullest!



### \*\*Upcoming Events\*\*

#### Wednesday, December 5

A representative with Lakeland University, will be here during intervention, to visit with interested juniors and seniors. He will be here to answer questions, discuss the programs offered and explain the application process. If you would like to attend, please sign up in Mrs. Herald's office. If there is not enough interest, the visit will be canceled.

#### Thursday, December 6

Juniors and Seniors, who signed up and returned their permission slips, will be participating in the **TREK** (Teach Respect; Educate Kids) program at the **Green Bay Correctional Institution**. This program offers students the opportunity to hear firsthand from select inmates, about the difficulties and struggles they now face, due to the choices they made that resulted in going to prison. Small groups of 2-3 students, will meet with one inmate at a time, and be allowed to ask them questions about their lives before they went to prison, what life is like behind bars and what their futures hold. This program allows students to see what the inside of a prison looks like, and along with the inmates' testimonies, try to open their eyes to the hardships that can occur from the choices they make.

**HOUR OF CODE**

*"If you can create technology, you can change the world."*  
Susan Wojcicki, CEO, YouTube

Anybody can learn. Start with an HOUR OF CODE!

**Saturday, December 8, 2018 | 1:30-2:30p.m.**

At your local NWTC location:  
Green Bay | Marinette | Sturgeon Bay | Aurora  
Crivitz | Luxemburg | Oconto Falls | Shawano

**Who should attend?**  
Elementary, middle, and high school students and the general public

- No experience in programming is needed—we will provide everything you need, including helpful attendants.
- Our instructors will guide you through simple and fun tutorials featuring familiar characters from movies such as Frozen, Star Wars, and Moana.
- Drawings for prizes and t-shirts for the participants are part of the fun!

**Northeast Wisconsin Technical College** | **ADMISSION IS FREE**  
Register and get more info at [www.nw.tc.edu/hourofcode](http://www.nw.tc.edu/hourofcode)

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## New Programs!

UW-Green Bay is excited to share two new, high-demand major programs students will soon find on campus.

**Mechanical Engineering** - new for the fall of 2018, students can pursuing their four-year Mechanical Engineering degree at the Green Bay campus.

**Nursing** - UW-Green Bay will now be offering a traditional four-year Bachelor of Science in Nursing (BSN) program. Pre-nursing students can begin their studies in fall of 2019 and apply to the nursing program, with full admission to the nursing program beginning in fall of 2020. Many more details will be shared in coming months. For specific questions needed to serve your students, contact [nursing@uwgb.edu](mailto:nursing@uwgb.edu).

### Contact Us

920.465.2111  
[uwgb@uwgb.edu](mailto:uwgb@uwgb.edu)

For more information on Mechanical Engineering, Nursing programs, or UW-Green Bay, please contact us.



The date is set for the 5<sup>th</sup> & 6<sup>th</sup> grade students to attend The Michigan Tech Mind Trekkers event on February 14, 2019, from 9:00-11:00 a.m., at the Northeast Wisconsin Technical College Science & Engineering Festival! Mind Trekkers brings the 'WOW' of science, technology, engineering, and mathematics to students through hands-on, engaging activities. This event will excite students about STEM education and show them the possibilities and opportunities an education in STEM will bring them.

**73%** of students are more interested in attending college after attending a Mind Trekkers event

**95%** of teachers feel Mind Trekkers events promoted student learning and engagement

# Scholarships

**Wisconsin Professional Police Association Scholarship Program** is offering a scholarship to any Wisconsin resident, enrolling in a college or technical school, who is enrolled in a course of study relating to Police Science, Criminal Justice, or Law Enforcement. Application deadline is **Feb. 1, 2019**.

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## **UW-Stevens Point Trytten Scholarship – Chemistry**

The Department of Chemistry at UWSP annually awards a \$4,000 scholarship to an incoming Freshman, who intends to major in Chemistry at UW-Stevens Point.

### **Criteria:**

- Declare Chemistry as your major at UWSP at the time of application
- Received at least a 3.500 GPA in High School
- Demonstrated capacity and potential for excellence in field of chemistry

### **To Apply:**

- Complete all sections of the Student Application Form
- Arrange to have a letter recommendation submitted on your behalf by your high school chemistry teacher
- Ask your high school counselor's office to complete the High School Recommendation Form and print your high school transcripts

### **Mail all materials to:**

Dr. Jason D'Acchioli, Chair  
Department of Chemistry  
University of Wisconsin - Stevens Point  
Stevens Point, WI 54481

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Serious work-related accidents can have a devastating impact on families, especially children, as parents must face the hurdle of funding their own children's education. Kids' Chance works to alleviate those pressure and support these workers' children through their educational careers.

### **History of Kids' Chance**

Robert Clyatt, a workers' compensation attorney from Valdosta, Georgia, founded the first Kids' Chance organization in 1988. In 2007, the national organization, Kids' Chance of America, was formed to create, assist and support organizations throughout the United States with this simple purpose: raise money to

provide scholarships for the children of workers seriously injured or killed on the job.

Kids' Chance of Wisconsin is a nonprofit organization, created in 2012 to provide educational opportunities and scholarships for the children of workers seriously injured or killed on the job in the State of Wisconsin.

### **Scholarship Eligibility**

Students whose parent's on-the-job injury resulted in death or serious disabilities and have been financially affected are eligible. Each applicant must meet the approval of the academic selection committee.

### **Funding**

All funds raised support the children of Wisconsin workers. Scholarships are supported by donations from individuals, groups, organizations, companies, foundations, and from special activities organized by volunteers for Kids' Chance of Wisconsin.

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